Monday, January 5, 2015

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CANADA BREEZES BY SLOVAKIA ON THE ROAD TO GOLD

AFTER A 5-1 VICTORY AT THE AIR CANADA CENTRE, OUR NATION'S JUNIORS MOVE ON TO TAKE ON THE RUSSIANS TONIGHT IN THE GOLD-MEDAL GAME PAGE 21

Online fame giving felines extra lives

Experts say the growing e-celebrity of cats, from the grumpy ones to the ones that can play the piano, is helping more unwanted kitties find good homes PAGE 15

'Smart signals' part of traffic fix

Congestion. More than $7 million to be spent on untying gridlock, including improved tech at major city intersections

LUKE SIMCOE
Metro Online

New year, new traffic technology.

The City of Toronto plans to spend more than $7 million this year to tackle road congestion, with the lion's share of money going toward an upgrade of the computers and cameras that help drivers get where they're going faster.

Planned improvements include 80 additional traffic cameras, as well as a "smart signals" pilot project at 20 major intersections.

"The signals take input regarding real-time traffic flows, run it through an algorithm and ask, 'How should I allocate green time to minimize delays,'" said Stephen Buckley, Toronto's transportation manager.

The city already uses similar signals at 330 intersections, Buckley said. However, the existing technology is getting old and is costly to maintain. While the current system manages traffic on an intersection-by-intersection basis, newer software can examine the city's entire road network.

"So, if you're travelling northbound on Bay Street, the signal at King Street will speak to the signal at Richmond Street and so on," said Buckley.

Buckley estimates the cost of smart signals at between $50,000 to $100,000 per intersection, but said they save drivers far more in terms of time. For example, a report headed to a council committee this week says the cost-benefit ratio of re-timing lights along Yonge Street was at least 25 to 1.

"People tend to value their commute time at a rate of about half their hourly wage," Buckley said.

The city is also considering how it can make use of transportation data collected by companies like Google or on-board GPS providers like TomTom.

Google Maps' traffic feature, for example, uses data collected from smartphone users to map real-time traffic patterns across major cities.

Buckley believes "big data" could help the city better plan its traffic patterns and even offer residents custom alerts about congestion along their daily commutes.

"We're inundated with data," he said. "The goal is to explore how we can tap into it."

In numbers

2,500

The number of intersections in Toronto

SOURCE: STEPHEN BUCKLEY, TORONTO TRANSPORTATION MANAGER

Getting us moving

- At its first meeting of the year on Tuesday, Toronto's new public works committee will consider recommendations from city staff aimed at addressing a series of proposals to speed up major road-construction projects and unlock congestion as the beginning of a "new course" for a city desperate to get moving again.
- The recommendations from the city's engineering and construction services department seek to secure support for increasing daily work hours, allowing overnight or 24/7 work, where appropriate.

Story, page 4.

TORSTAR NEWS SERVICE

VULGAR POSTERS SPARK HUMAN RIGHTS HEARING

Theresa Savoie and her 11-year-old son Zachary Kidman are seen in their Scarborough apartment on Sunday. In April 2012, a group of residents of a Malvern co-op were targeted by posters in their building, attacking their disabilities. " They are among a group of tenants taking the matter to the human rights tribunal on Monday, alleging the co-op's board of directors failed to quickly and properly respond to complaints of anonymous posters targeting certain members, especially those with disabilities. See story, page 4. TARA WALTON/TORSTAR NEWS SERVICE

The 1980's tainted blood scandal was the worst public health disaster in Canadian history.

It must not repeat itself.

Something very troubling is happening these days at the Canadian Blood Services (CBS).

- It says there's a shortage of blood but it deliberately cancelled almost 100 donor clinics last year.
- It plans to get rid of skilled health care professionals and replace them with lower-cost casual, part-time employees.
- It demands faster processing of blood products and production targets which could mean compromised safeguards and testing of product.

CBS is a not-for-profit agency, regulated by the federal government, with assets of $820 million. That amount has increased by $78 million since 2010. In our opinion, the CBS appears intent on boosting its assets without a parallel plan to ensure the safety and security of Canada's blood supply system.

Call your MP today.
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A message from the Ontario Public Service Employees Union
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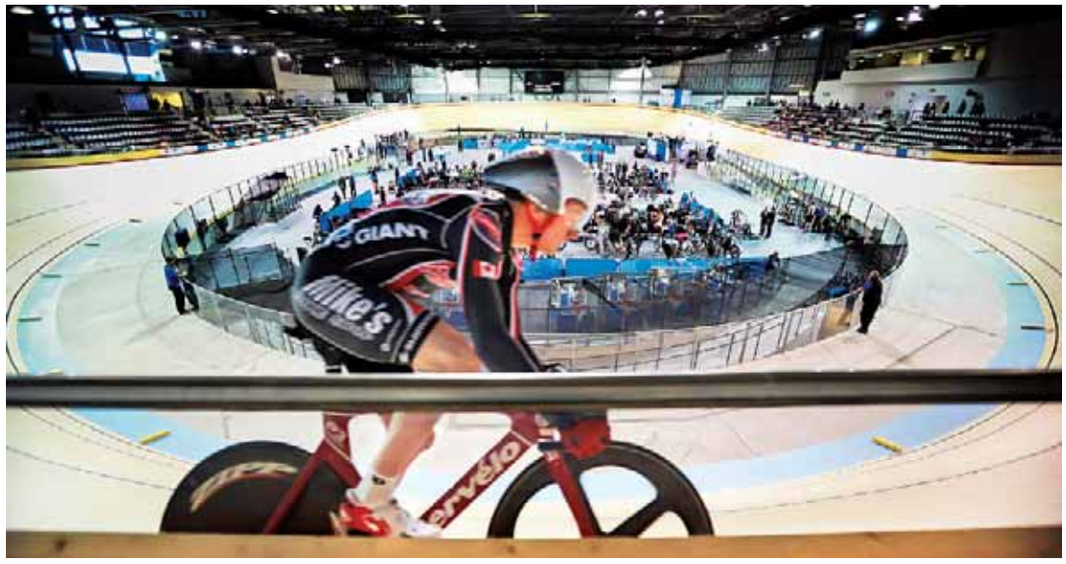
Laying down the rubber at new Velodrome



Charles Cormier warms up prior to competing in the Master's C 500-metre CLM/ITT at the Canadian Track Championships in the brand new Milton Velodrome on Sunday. The oval-shaped, three-storey velodrome is the sole facility of its kind in Canada and only the second that meets top international standards in Canada and the USA. Canada's top riders finally have the chance to lay down some rubber on a proper track of their own, warming up for next summer's Pan Am Games.

ANDREW FRANCIS WALLACE/ TORSTAR NEWS SERVICE

LCBO should be more like Costco, retail advisers say

Luxury environment. One expert says that because the LCBO has a monopoly, it shouldn't build premium locations

The recently opened LCBO store in the Beach is a pretty space, with high ceilings, plate-glass front windows that let in plenty of light and a robust selection of vintage wines lining the herringbone-tiled middle aisle.

At 8,500 square feet on Queen Street east of Woodbine, it's the first outlet of its kind.

While the LCBO is proud of the new location, it doesn't want taxpayers to think that this is the beginning of an era of opulence for the province's wine and liquor monopoly.

"The LCBO does not spend taxpayer dollars on such capital investments. In fact, all LCBO operations, including opening new stores and upgrading older ones, are fully funded from LCBO revenues," says spokeswoman Heather MacGregor.

Earlier this year, former TD Bank Group president and chief executive officer Ed Clark, who chairs a provincial panel tasked with maximizing the potential of Ontario Crown corporations, said the LCBO needs to use its heft to negotiate better prices from suppliers, adding that it also needs to build its business around "what the consumer wants, not what it wants."

Quoted

"As a monopoly, why do they (LCBO) have to be paying for Air Miles to get people to buy alcohol?"

Sally Seston, a director of Retail Category Consultants

Torstar News Service asked retail advisers how they think the LCBO could earn better returns for the province.

Anthony Stokan is a partner with Anthony Russell Inc., advisers and research-based trend forecasters for retailers, shopping centres and organizations worldwide. He suggests the LCBO adopt a more utilitarian concept, like Costco, which has staggeringly high sales per square foot compared to other retailers — $1,000 for Costco versus $500 for a typical mall.

He said the LCBO could further reduce costs by cutting back on marketing, which he says is an unnecessary expense since it has no competitors.

The LCBO contends that it has increased profit margins by building the chain and offering more premium products, which have been well-received by customers. MacGregor also says LCBO marketing is based on extensive customer and market research and return-on-investment performance analysis.

Sally Seston is a director of Retail Category Consultants. She thinks Ontario residents would be better served if the LCBO were privatized because ending the monopoly would lead to more competition and better prices. "Food & Drink magazine is a fantastic publication, and while the LCBO says that is funded by the vendors, the vendors are obviously rolling that into the price of the product," she said. TORSTAR NEWS SERVICE

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Tackling congestion

Proposals aim to clear path for commuters

Toronto's new public works chairwoman is hailing a series of proposals to speed up major road-construction projects and unlock congestion as the beginning of a "new course" for a city desperate to get moving again.

At the first meeting of the year, on Tuesday, Jan. 6, the committee will consider recommendations from city staff aimed at addressing what Coun. Jaye Robinson dubbed the "No. 1 issue" of the recent mayoral election.

"We're absolutely at a peak where people are so frustrated with what's happening on the streets of Toronto," said Robinson, who was tapped in November to lead the influential public works committee.

"I think it's exhilarating and exciting that things are moving so quickly. We're going to be tackling this issue head on with every possible tool and every measure that we can put in place," she said.

The recommendations from the city's engineering and construction services department seek to secure support for increasing daily work hours, allowing overnight or 24/7 work, where appropriate.

Longer construction hours would mean added labour costs: The report that will be presented at the upcoming committee meeting pegs the cost premium for construction projects at 20 per cent.

But considering the cost of prolonged gridlock, and the sheer number of city-led construction projects in the works (85 major road projects are planned for 2015), Michael D'Andrea, executive director of engineering and construction services, said it is worthwhile in many cases.

"We're factoring that against ... the cost of the traffic disruption and that can be large, particularly if it's on a major road or expressway," he said.

It is a trade-off that Mayor John Tory, who has announced a six-point plan to tackle gridlock, appears willing to make.

Other proposals that will be considered include improving signs around projects as well as launching a public awareness campaign to better educate residents — through advertising, social media and an enhanced website — about the construction projects underway.

TORSTAR NEWS SERVICE

Nasty poster campaign kindles Human Rights Tribunal hearing

Condemnation. The offensive material began appearing in the spring of 2012 in and around a Malvern building

Theresa Savoie said she was deeply upset and thought about moving when posters started to appear around the Malvern co-op where she lives with her son, Zachary Kidman, targeting both of them using the most vulgar of insults.

The anonymous messages, put up over several months in 2012 at Rouge Valley Co-op, labelled Savoie an "inbred" and her then-nine-year-old son who has cerebral palsy and uses a wheelchair, a "retarded monkey" who "should have been put down when he was born."

"I thought about moving, but then I thought no, you know what, my son has a right to live here like anyone else, and I wasn't going to allow them to run me out of here," said Savoie, who has lived in the building for almost nine years. "If you're going to pick on adults, that's one thing, but to pick on an innocent and defenceless child, that just blew me away. It hurt really bad."

Savoie, who was named in several of the posters, is among a group of nine applicants who are bringing the co-op before the Ontario Human Rights Tribunal on Monday for a full hearing, almost three years after the posters first started to appear. The group's members say they were either directly targeted by the messages or are related to an alleged victim.

The applicants' lawyer, Karen J. Sanchez, told Torstar News Service the group is alleging that the co-op's volunteer board of directors failed to quickly respond to their complaints about the posters. Aside from seeking damages, she said they also want the tribunal to establish clear guidelines on a board's responsibilities in such circumstances.

"They really did not get a full response from the board of directors," Sanchez said. "The board of directors took a very relaxed attitude toward the whole thing and really wasn't taking it seriously."

The co-op's lawyer, Kiel Ardal, told Torstar the "co-op condemns these horrible flyers and had nothing to do with them. The co-op did everything it could to stop them."

The offensive material began appearing in the spring of 2012 as scribbles on elevator walls and offensive posters, Sanchez told Torstar. Most of the 17 posters were placed on the door of one co-op member, she said. The posters, included in the tribunal applications, referred to several co-op members collectively as "the circus," imploring them to move out or kill themselves.

Deborah Crew and her partner Bill Bowerman in the hallway of their Scarborough apartment on Sunday. Crew said she was "scared things were going to escalate, that it could lead to verbal or physical attacks." TARA WALTON/TORSTAR NEWS SERVICE

The person responsible has never been caught.

Debora Crew, 59, was called a "c---" and a "he-she half-man-half-woman" in several posters naming her, while her 69-year-old husband Bill Bowerman, who uses a wheelchair, was described as her "crippeled (sic) old husband." Crew said she is a former board member.

"At first, I was really embarrassed and humiliated," Crew told Torstar. "I was scared things were going to escalate, that it could lead to verbal or physical attacks."

Sanchez said the Centre for Equality Rights in Accommodation, a non-profit for people with disabilities, responded to the members' pleas and stepped in to ask that the board install working cameras near the apartment door where most of the posters could be found, as well as in the mail room.

Both Sanchez and Ardal said that when the cameras were repositioned, the posters stopped appearing in the fall of 2012, and it has been relatively calm at the building ever since.

But the members say they remain angry and want answers.

TORSTAR NEWS SERVICE

Un-decking Toronto's halls and walls

David McDermid, from left, and his 'elves', Slash Hu and Ellen Chung, with one remaining piece of yuletide cheer in a downtown office.
LUKE SIMCOE/METRO

LUKE SIMCOE
Metro Online

First they giveth, then they taketh away.

Such is the life of professional Christmas decorators, who play Santa one day and the Grinch the next.

"When you're putting the decorations up, you get a lot of compliments," said David McDermid while dismantling a 10-foot tree in the lobby of a downtown building. "But when you come back to take them down, people complain."

For people like McDermid, a visual merchandising instructor at Seneca College, the after-holiday rush is just as busy as the weeks leading up to the big affair. Every year, he sets up and takes down holiday installations in buildings across downtown with a little help from his students.

"We're more like his elves," said Ellen Chung.

It can be tedious work lugging all those glittery orbs, potted poinsettias and delicate little lights.

One tree McDermid and his crew wrestled with Friday weighed about 600 pounds, and every item taken off of it had to be catalogued so it can be put up again properly the following year.

And don't get Chung started on vacuuming up an endless supply of pine needles.

There's also the emotional roller coaster that comes along with starting and ending so many different Christmases.

"We put a lot of hard work into it, and now it's coming down," Chung said. "It also means the holidays are definitely over."

Over at Christmas Decor Toronto, Paul Gaspar and his staff have been just as busy disassembling hundreds of outdoor installations they built for clients. At a typical pace, they'll take down about 500 Christmas lights every hour.

"The largest installation we did this year was in excess of 12,000 lights," he said.

Gaspar said some of his clients leave their Christmas trees, lights and garlands up for a little too long.

"Some clients have a burn on taking them down right away. Come Monday, we've got to do 25 takedowns alone," he said. "But other clients enjoy their lights right through until the end of March."

LUKE SIMCOE/METRO

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Young hockey player has keen eye on WJC

Team Canada's next generation. 12-year-old Toronto Nationals goalie has dreams of one day playing in the world juniors himself

GILBERT NGABO
gilbert.ngabo@metronews.ca

Vance Meyer, centre with solid white goalie pads, in a recent group photo with his mates on the Toronto Nationals. CONTRIBUTED

Since the beginning of the 2015 IIHF World Junior Championship tournament, 12-year-old Vance Meyer has watched every single game.

He is a goalie for his Toronto Nationals hockey club, and his goal — like all of his colleagues — is to play in the world juniors one day.

"I think it's pretty cool how young players get a glove and play for their nation. It sounds like a good experience," he said Sunday as he geared up to watch Canada face Slovakia.

True to his words, he'd have to watch the Russia-Sweden matchup first, from the comfort of his parents' home in Kitchener.

Like many diehard hockey fans in Canada, the climax of his joy so far was when the country beat the U.S. 5-3 last week. "That was a great feeling," he said. "I was like 'Yes!'"

As an aspiring hockey professional, watching the world juniors closely gives Meyer a chance to study his game and learn new ways to improve his skills. His favourite player on Canada's roster is Max Domi, whom he's been watching since a few years ago every time London plays in Kitchener.

"I like how he goes around everybody and goes down and scores. It's kind of cool how he does that. He has so much talent, I think," he said.

Big fan

"I like how he goes around everybody and goes down and scores. It's kind of cool how he does that."

Vance Meyer, about Max Domi

But he can't play like Domi since he is a goalie, which presents its own challenges.

"Being a goalie brings much more pressure on you," said Meyer. "If you're down a goal, it's kind of nerve-racking sometimes. But I like the pressure because it makes me play and work hard."

And work hard he does. His father, Bob Meyer, said the kid goes to practice at least three times a week, and will "stop at nothing" to make a push for his dream of playing in the world juniors or making it into the NHL.

Meyer isn't the only one to be fully immersed in the world juniors spirit. Toronto Nationals coach Eddie Belanger said every one of the 17 players on the club has great interest in the tournament.

"We had practice yesterday (Saturday) and every kid wanted to talk about what's happening in the competition," he said.

The youngsters also have an advantage this year of watching the games played at home, with scheduling at normal times.

"When games are in Helsinki or in Russia, it's like 3 or 4 o'clock in the morning, so it doesn't allow kids here to get involved," he said.

But the interest is even higher when the home team is playing.

"I have one player on the team that has been to every game in the Toronto area. He has tickets to tomorrow (Monday) night's gold-medal game but has vowed to attend our game instead if Canada doesn't make it," said Belanger.

As it turns out, Team Canada came through with a 5-1 win against Slovakia.

For more on the win, see page 21.

Parking enforcement blitz starts

Torontonians can expect harsher parking enforcement on Monday, the first day of Mayor John Tory's zero-tolerance campaign.

Tory told Torstar News Service there will be an increased tow-truck and police presence at major thoroughfares and intersections to remove illegally parked vehicles and reduce congestion.

"They will get towed," he said on Sunday. "I think people will see what zero tolerance means.... There's a new set of rules in place."

The enforcement blitz was unveiled last month, part of Tory's six-point plan to manage traffic.

Tory said police told him parking enforcement officers in residential areas will be reassigned to major intersections during peak traffic periods.

He added the increased presence will tentatively last until the end of the month, at which point there will be a review.

"I think people will change their behaviour," Tory said, adding that the increased enforcement may continue if they do not.

Other measures in Tory's plan include more traffic cameras, clearing accident scenes faster, speeding up the retiming of traffic signals, more inter-agency collaboration and completing public construction projects faster by extending work hours.

TORSTAR NEWS SERVICE

Mayor John Tory TORSTAR NEWS SERVICE

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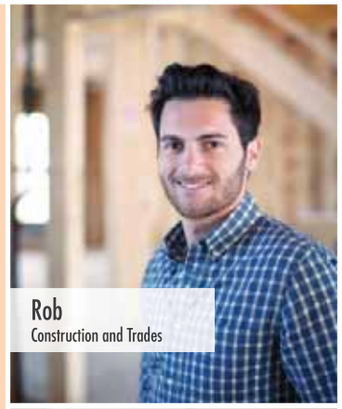

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Bill Cosby's Ontario shows set to go ahead despite controversy

Sex abuse allegations. Comedian is scheduled to perform in Kitchener, London and Hamilton on Jan. 7, 8 and 9

Maureen Dragasevich still has fond memories of gathering with her family to listen to Bill Cosby's jokes as a kid. When she heard the comedian would be performing in Ontario, she and her siblings bought tickets to a show as a birthday present for their father, all in an attempt to relive what was once a family tradition.

But after a flood of sexual abuse allegations against Cosby in recent weeks, Dragasevich and her family have decided not to attend the performance, joining a growing number who are speaking out against his three scheduled appearances in Canada.

"Given the fact that he's played Mr. Jell-O Pudding and Dr. Huxtable, I think we kind of find it harder to believe," said the 59-year-old Aurora, Ont., resident.

"But we hold him accountable for his behaviour and his behaviour is disgusting."

Cosby, who is in the midst of a standup concert tour, has had to deal with the cancellation or postponement of at least 10 of his shows as the scandal continues to swirl, but his appearances in three Ontario cities seem set to go ahead, despite local opposition.

Cosby is set to perform in Kitchener on Jan. 7, London on Jan. 8 and Hamilton on Jan. 9.

The Ontario venues hosting Cosby have said his shows are being handled entirely by an external agent, which has indicated the events are still going ahead. The Ontario venues have also emphasized their contractual obligations to allow the shows to continue.

One venue — Kitchener's Centre In The Square, where the first show is set to take place — addressed residents' anger directly.

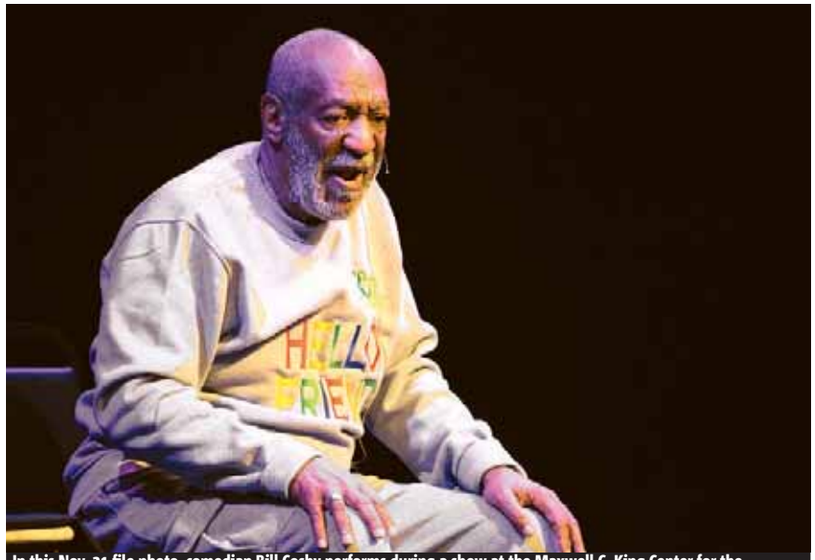
"While we may personally share concerns raised by the community, if The Centre forces a cancellation of this rental show it isn't simply a situation of giving back the rent," it said in a blog post, noting that it would also need to pay any "guarantee fee" to Cosby, compensate the promoter for box office losses and show expenses, and refund patrons.

After noting the venue's stance, a handful of Kitchener residents came up with a way to demonstrate their opposition by holding an alternative event, which will run at the same time as Cosby's show, with proceeds going to two women's crisis support centres in the region.

"Too often we fail survivors of sexual assault, we shame them, we blame them, we doubt their experiences and so it's in moments like this that we have an opportunity to stand in support of survivors in our community," said Sara Casselman, a spokeswoman for the Sexual Assault Support Centre of Waterloo Region, which will be benefiting from the event.

The event — called Voices Carry — was triggered by a local broadcaster musing on Twitter about whether an alternative fundraiser could be pulled together. Those who have purchased tickets to Cosby's show can gain free admission.

Cosby's representatives did not respond to a request for comment. THE CANADIAN PRESS



In this Nov. 21 file photo, comedian Bill Cosby performs during a show at the Maxwell C. King Center for the Performing Arts in Melbourne, Fla. PHELAN M. EBENHACK/THE ASSOCIATED PRESS FILE

Allegations of abuse

Cosby's image has been pummelled in recent weeks by a flurry of allegations that he drugged women and sexually assaulted them, with some accusations dating back to the 1970s.

- He has never been criminally charged in connection with the accusations, and his lawyer has denied many of them. Cosby also settled a lawsuit in 2005 with a Pennsylvania woman who said he drugged and fondled her.

Dalhousie profs file complaint against dentistry students

A Dalhousie University faculty member, who has filed a complaint with three other professors over male students who allegedly posted sexually hateful messages online about women, says she was acting on behalf of other students who feel more needs to be done.

Francoise Baylis of the university's medical school said Sunday that the professors filed a formal complaint under the students' code of conduct to Anne Forrestall, the school's acting vice-provost of student affairs, on Dec. 21 and hand-delivered a print copy the following day.

She says the complaint asks that the dentistry students involved in the Facebook group where misogynistic comments were allegedly posted be suspended on an interim basis prior to the return of classes on Monday.

Baylis said the professors have heard from students who are not satisfied with the current informal restorative justice process.

"We are deeply committed to creating a situation whereby no individual student would have to put themselves at risk if they wanted to bring forward a complaint," she said in a phone interview on Sunday.

"As people at the university with a faculty appointment, it seemed like a reasonable thing for us to do, to make sure no student would themselves have to feel obliged to make that complaint … and no student thereafter would bear any negative consequences for having attempted to bring forward a formal complaint."

The three other professors who signed the complaint are Jocelyn Downie of Law and Medicine, Brian Noble of the faculty of Arts and Sciences, and Jacqueline Warwick of the faculty of Arts and Sciences, Gender and Women's studies.

Baylis said the effects of the hateful messages extend beyond those directly involved in the school of dentistry.

She says the professors are concerned because the complaint has not been addressed by administration. She says the group initially wanted to keep their names confidential, but decided to go public because of the delays in processing the complaint. THE CANADIAN PRESS

In detail

University president Richard Florizone has said 13 men in the fourth-year of the dentistry program were members of a Facebook group where comments were posted. The page has since been taken down.

- According to the CBC, members of the Class of DDS Gentlemen page on Facebook voted on which woman they'd like to have "hate" sex with and joked about using chloroform on women.
- In another post, a woman is shown in a bikini with a caption that says, "Bang until stress is relieved or unconscious (girl)."

Mont Ste. Marie, Que.

Skiers rescued after being stranded on broken chairlift

Dozens of skiers and snowboarders had to be rescued after being trapped on a broken chairlift at a ski resort near Ottawa on Saturday.

Bob Sudermann, co-owner of the Mont Ste. Marie resort in Lac-Sainte-Marie, Que., says the chairlift had mechanical issues and was shut down around noon.

Sudermann says all 80 riders were rescued from the lift shortly before 4 p.m. by resort staff and members of the Canadian Ski Patrol.

With cold temperatures in the forecast, management was concerned about the health of the stranded riders and worked quickly to get them back on the ground.

It was -12 C on Mount St. Mary's on Saturday and with the wind chill, it felt more like -21 C. The ski centre was expected to be open again on Sunday morning. THE CANADIAN PRESS

Barrie, Ont.

Rental car seized in drug bust after collision

A central Ontario man is going to have a tough time explaining this one to the car rental agency.

Police say the 36-year-old Barrie, Ont., man was involved in a minor collision on Saturday.

Barrie police say that when officers arrived it's alleged they found crack cocaine and a pipe.

The driver was charged with possession of a narcotic and impaired driving and police say the rental vehicle he was driving was confiscated and will be held for 45 days.

And investigators say the accused man's girlfriend became upset over his arrest and allegedly opened the police cruiser door in an attempt to free her boyfriend.

The 31-year-old woman is facing a charge of obstructing police. THE CANADIAN PRESS

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Canadian car recalls hit new high in 2014

Safety concerns. More than eight million vehicles affected, for issues ranging from ignition switch woes to unsafe airbags

Canadian auto recalls hit an all-time high last year, with more than eight million vehicles affected as several high-profile problems with faulty airbags and ignition switches brought safety issues to the forefront.

Automakers issued nearly 600 recall notices on Canadian vehicles in 2014, according to data from Transport Canada.

The previous record for the highest number was set in 2010, when automakers issued 468 recall notices affecting 1.5 million products, including vehicles, car seats and tires. But the total number of vehicles affected was higher in 2013, when manufacturers recalled two million products, despite the total recall notices being lower at 466, according to a Canadian Press analysis.

Industry observers say automakers are issuing recalls en masse in an attempt to prevent future problems, after defective ignition switches led to numerous crashes, at least 58 injuries and 42 deaths. GM recalled 2.6 million vehicles worldwide due to the problem, including roughly 368,000 in Canada, but faced criticism for waiting 11 years to do so. The company is now facing several lawsuits.

"GM was in a pickle and nobody else wanted to be the new GM," said George Iny, president of the Automobile Protection Association.

"So they started to do some housecleaning. And people with skeletons in the closet and bodies in the basement have been pulling them out."

Among last year's high-profile recalls were 700,000 Honda Canada vehicles, over potentially exploding airbags produced by Japanese parts maker Takata Corp. Roughly 14 million vehicles made by 10 different automakers have been recalled worldwide as a result.

At least five people have died in accidents involving the airbags. Four of the people who died were in the United States and one was in Malaysia. THE CANADIAN PRESS

New bookings only. Book by 11:59 pm Eastern Time Time January 13, 2015. Travel by May 13, 2015. Up to 21-day advance purchase may be required. Discount is not applicable for travel between February, 13, 16 and April 1-7, 2015. Discount applies only to the regular base fare and does not apply to fees, taxes or surcharges. Discount is not applicable on itineraries that include a partner airline flight. Fares are subject to availability and may not be available through the entire travel period. Full fare breakdown available for all itineraries on flyporter.com. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as $150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to $200 per person per direction, plus any fare differential. Other significant conditions (including a $25 first-checked bag and $35 second-checked bag fee, and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Visit flyporter.com for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

Detroit trade workers build an unconventional home

An unusual home takes shape inside General Motors' Detroit-Hamtramck Assembly plant in Detroit, intended to be part of a movement to rebuild the city's economy and deteriorating, disappearing housing stock. Skilled-trades workers from the Chevrolet Volt factory are doing all the framing, electrical and plumbing work. The 40-foot-long former container will feature 320 square feet of living space, with two bedrooms, a bathroom and a kitchen, and will serve as home base for university-student caretakers of a neighbourhood farm and agricultural research activities. CARLOS OSORIO/THE ASSOCIATED PRESS

The 'Year in Book' club

Facebook CEO to read a new book every other week

Mark Zuckerberg announced on his Facebook page recently that he will read a book every other week in 2015, with an emphasis on learning about different beliefs and cultures.

The Facebook founder and CEO urged his friends to join him in the project. As of Sunday, his "Year in Book" page had more than 89,000 likes. The first book in his program, Moises Naim's The End of Power, was out of stock Sunday on Amazon.com and had a sales ranking of No. 203. The book was first published in 2013.

Oprah Winfrey remains the gold standard for choosing books, though clubs have been started by Good Morning America and the Today show, among others. THE ASSOCIATED PRESS

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7-year-old crash survivor helps investigation

'One remarkable young lady.' Sailor Gutzler treated at Kentucky hospital and released to relative

Sailor Guztler, a seven-year-old girl who survived a plane crash in western Kentucky, walked a mile through the cold, dark woods to safety and then helped authorities locate the wreckage and remains of her family, may not be done helping investigators.

National Transportation Safety Board investigator Heidi Moats said Sunday that Sailor is "one remarkable young lady," and she might able to assist them with determining what brought the plane down. It is rare for someone to survive a small plane crash and Moats said they want to talk to Sailor about it.

It's not clear when investigators might talk to Sailor, who despite being bloodied and suffering a broken wrist, pulled herself from the wreckage and walked to the nearest home.

She was dressed for Florida, where her family had been visiting, and was wearing shorts, a short-sleeve shirt and only one sock when she found a home about a mile from the crash site. Authorities said she walked through thick woods and briar patches in near-freezing temperatures.

The remains of the Piper PA-34 plane were moved Sunday to a location so officials with the NTSB can inspect it.

They haven't discussed any possibilities of what brought the plane down or how Sailor survived the crash.

The agency will issue a preliminary report in about 10 days, Moats said at a news conference in Eddyville, Ky.

Sailor was treated at a hospital and released to a relative Saturday.

Sailor walked to the home of 71-year-old Larry Wilkins, who answered her knock at the door and called police. Wilkins said the girl was crying and covered in blood.

"She told me that her mom and dad were dead, and she had been in a plane crash, and the plane was upside down," Wilkins said.

Sailor was alert and able to point emergency workers looking for the plane in the right direction, Lyon County Judge executive Wade White, who arrived at the crash site.

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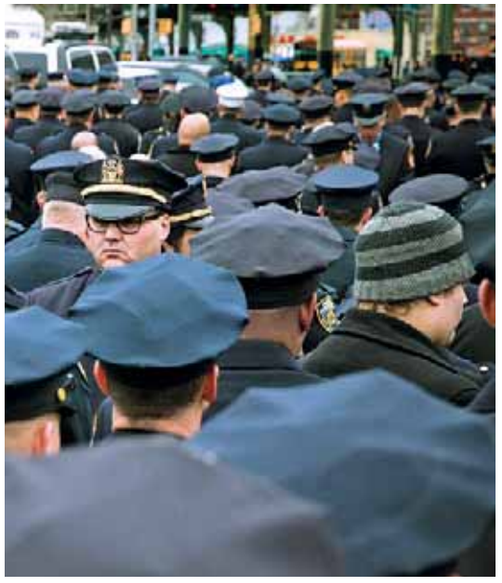


NYPD officers turn backs during mayor's eulogy at officer's funeral

A lone police officer stands front as other colleagues turn their backs while Mayor Bill de Blasio speaks during the funeral of New York Police Department Officer Wenjian Liu at Aievoli Funeral Home, Sunday, in the Brooklyn borough of New York. Liu and his partner, officer Rafael Ramos, were killed Dec. 20 as they sat in their patrol car on a Brooklyn street. The shooter, Ismaaiyl Brinsley, later killed himself. The show of disrespect toward Mayor de Blasio came outside the funeral home, and added to tensions between the mayor and rank-and-file police even as he sought to quiet them.

JOHN MINCHILLO/THE ASSOCIATED PRESS

Bad weather

Divers wait to look for wreckage

Around 100 family members of AirAsia Flight 8501 crash victims sought strength Sunday, one week after the disaster, while bad weather again prevented searchers from reaching a large object on the ocean floor that is believed to be the fuselage. Emotionally exhausted relatives sang and cried at a tiny chapel in Surabaya, the city where the plane departed from last Sunday with 162 crew members and passengers.

THE ASSOCIATED PRESS

Underage sex claims

Buckingham Palace defends Prince Andrew

Buckingham Palace on Sunday stepped up efforts to defend Prince Andrew after the British royal was embroiled in claims of sexual impropriety with an underage woman. In a second statement since the claims surfaced, officials "emphatically denied" allegations by an unidentified woman who said she was forced to have sex with the royal when she was under the age of 18.

THE ASSOCIATED PRESS

VOICES

905 AND 416, UNITED

While we tend to play up our differences, the needs of the GTA's cities and suburbs are much the same — and together, we might just be unstoppable

TORY'S TORONTO
Matt Elliott

A year ago, Toronto and its surrounding towns and cities had just weathered a nasty ice storm. You probably remember the prolonged power outages, the cancelled flights and the general chaos. It wasn't a super-fun time.

For me, though, the most enduring memory from the storm comes from something that happened after the ice melted. On Jan. 17, 2014, mayors and regional chairs from across the GTA met in Mississauga to make a co-ordinated request to the provincial government for relief funds.

I remember looking at a photo from the meeting, of the mayors from the 416 and 905 standing side by side, and thinking two things.

First: Wow, this is not something I've seen very often.

And second: Hey, this kind of thing should really happen more often.

Because despite representing a combined population of about six million people and presiding over a fifth of the Canadian GDP, the heads of the GTA municipalities don't seem to get together nearly enough.

Aside from some regular formal meetings through established groups, it's been too rare in recent years to hear about mayors teaming up to push for change.

And that's a shame, because the story playing out across every local burg is exactly the same: Budgets are tight. Municipal governments receive just a sliver of overall tax revenue, but municipal expenses are growing due to rapidly expanding populations and aging infrastructure. There's a pressing need for the federal government, especially, to take notice.

With a better co-ordinated effort and more timely meetings, the GTA could represent a serious political force that'd be hard for the feds and Queen's Park to ignore.

But for that to happen, the region needs to get better at recognizing what makes us the same instead of what makes us different.

Too often, GTA politics is dominated by petty squabbling. It's too much 416-versus-905, urban-versus-suburban or general griping about how Toronto thinks it's the centre of the universe.

With the ice-storm aftermath last year, we saw a small but potent example of what can happen when GTA leaders get past that kind of thing and actually work together.

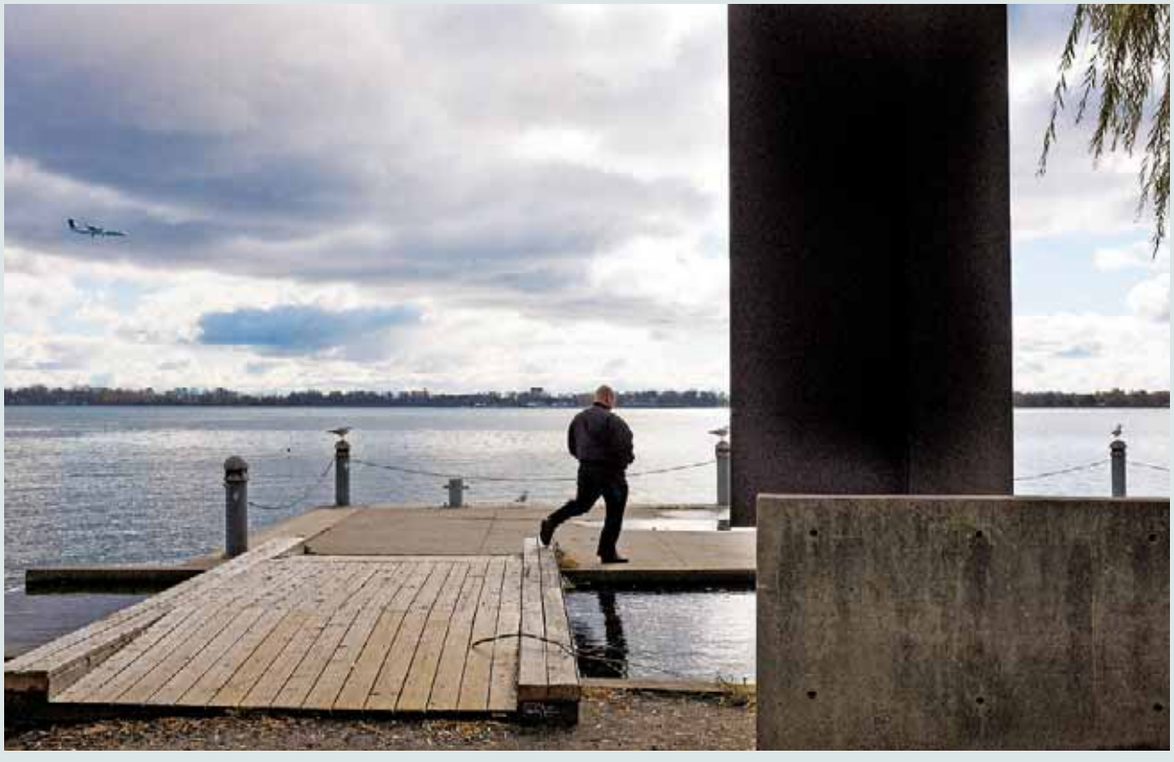
Going into a new year, with all that election wackiness behind us, there's an opportunity for more of that.

Toronto has probably never had a mayor better suited to building collaboration across the GTA than we've got with John Tory. This kind of thing is in his wheelhouse, and I think that a lot of other mayors are game to play ball.

Done right, a sustained regional approach could be a really good thing for issues like transit, poverty reduction and municipal funding shortfalls.

Either way, it shouldn't take an ice storm to get the GTA to work together.

Your Toronto



By the water's edge

Photo submitted by reader Thiago Albuquerque

A man walks on a pier at Toronto's waterfront.

Photographer and Metro reader Thiago Albuquerque, who hails from Brazil and is living in Toronto for a few months, said the waterfront area has become one of his favourite places in "this wonderful country." CONTRIBUTED

SEE YOUR SHOT HERE: Send us high-resolution snaps of your city to readers@metronews.ca

Upcoming

Tenant dispute hits home at city hall

City hall could soon have one less tenant — and one less option for grabbing a quick bite. Staff will ask a council committee on Monday for permission to formally demand that Café on the Square pay up or be evicted. The café, on the ground floor at city hall, owes the city about $220,000 in unpaid building-maintenance costs mandated in its lease, according to a report headed to the committee. If the café is evicted, the city could demand the owners pay not only arrears but "future damages," as well. METRO

Change is hard

Why is it so darned hard to stick to those New Year's resolutions? A Tuesday event is promising to answer the question once and for all. It's called The Neuroscience of Willpower and it's all about gaining a better understanding of what drives our behaviours. Plus, organizers are promising eight easy and effective "change interventions" to help you meet your goals. The presentation runs from 7 to 8 p.m. at the North York Central Library (5120 Yonge St.). METRO

Indie theatre hits stage

Get ready for what's being billed as 12 days of the best indie theatre in Canada. The Next Stage Theatre Festival hits venues around the city on Wednesday, featuring 10 shows that range from sketch comedy to contemporary dance. The festival runs through Jan. 18 with tickets as low as $10. Check fringetoronto.com for details. METRO

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Gwyneth Paltrow ALL PHOTOS GETTY IMAGES

'Special' Gwyneth is tired of taking care of everybody else

In case anyone was wondering, Gwyneth Paltrow has some more details about her "conscious uncoupling" from husband Chris Martin last year, conveniently contained in a nice, neat Marie Clare feature interview.

The biggest revelation? It turns out we were all just expecting too much from Paltrow, who really just needed some Me Time.

"I had built my life on trying to be all things to all people, and I just couldn't do it anymore," Paltrow tells the magazine.

"I really had the sense that I wasn't allowed to have needs, and I had to prove my specialness or self-worth by doing all this stuff and taking care of everybody else. And I just sort of hit a wall."

I'd rather not kick off the year psychoanalyzing a mondo-sized case of perceived social martyrdom, so, instead, I'll just say, glad you're feeling better, Ms. Paltrow. You do you.

Former Third Rock alien secretly marries founder of a futuristic robot firm

It turns out that Inception star Joseph Gordon-Levitt is a master at stealth celebrity.

Not only has he had a serious girlfriend for quite some time, but they even went and got married when nobody was looking. Gordon-Levitt and Tasha McCauley were wed in a private ceremony at an L.A. home before Christmas.

Oh, and his now-wife is actually a lot cooler than he is. McCauley is a futurist and the CEO and co-founder of robotics company Fellow Robots. A robotics company!

Joseph Gordon-Levitt

Feminist storm is brewing between Kaley and Leighton

We're kicking off the New Year with a continuing debate on what a feminist is and who wants to be one.

Awesome sauce!

First up, Kaley Cuoco-Sweeting, responding to a Redbook query about whether she considers herself a feminist with, "Is it bad if I say no? I was never that feminist girl demanding equality, but maybe that's because I've never really faced inequality." Perceptive, that.

But former Gossip Girl star Leighton Meester was posed the very same question during a radio interview and replied, "Yeah ... It's something that I think all people should say about themselves."

You hear that, Kaley? All people. You just going to sit there and take that?

Kaley Cuoco-Sweeting

Leighton Meester

DVD review

Boyhood

Director. Richard Linklater

Stars. Patricia Arquette, Ethan Hawke

Richard Linklater's coming-of-life masterpiece, my pick for the best film of 2014, is narrative drama that unfolds like documentary truth. In 2002, the Texas writer-director began filming the previously unknown Ellar Coltrane, then seven years old. Linklater kept filming him for the next 12 years as Ellar grew from child to man, navigating the victories and defeats of ordinary life. Unlike other films that grapple with the passage of time, these actors add and drop weight, change hairstyles and fashions, and go through different phases of life. **PETER HOWELL**

Cats and social media — a purr-fect fit

Kitties cash in. Felines' new-found Internet fame is helping shelters place more of their unwanted cats

Shelters have quickly learned the power of social media when it comes to finding homes for their cats.
THE ASSOCIATED PRESS

Cats these days aren't associated with deities the way they were in ancient Egypt, but the Internet has gotten them a little closer.

We adore Nora the piano-playing cat. We chuckle as a comical feline named Maru leaps into cardboard boxes.

We revel in Grumpy Cat's permanently sour expression. And with millions watching videos of other kitties getting tongue baths from horses and playing peekaboo with their owners, cats have become online stars.

For feline fans, it's a sea change. In the affections of North Americans, cats often get short shrift compared with dogs. Some see cats as aloof, poor companions and indifferent to attention that dogs enjoy.

But with cats' celebrity expanding, experts say cyberspace is aiding their plight.

"Social media has put pets front and centre," says Christie Keith, social media consultant for Maddie's Fund, a California-based foundation that works to save pets' lives. Social media, she says, "is revolutionizing how we help animals."

The Internet has created a vast audience of potential adopters. To save pets' lives, animal welfare organizations are reaching out to an audience addicted to cat videos. Shelters use social media to promote everything from adoption campaigns to free vaccinations, spaying and neutering.

Although there are no comprehensive nationwide statistics, recent studies of targeted communities and available data indicate increases in animal shelters releasing cats to owners or rescue agencies that guarantee adoption.

In one of the studies, conducted by the American Society for the Prevention of Cruelty to Animals, shelters and rescue organizations in six areas from Florida to Washington state supplied data from 2007 to 2011.

Overall, the rates for dogs and cats released to people or agencies rose from 41 per cent to 65 per cent. Cats showed a whopping 111 per cent boost.

It's difficult to pinpoint how much of this good news stems from the Internet, but many online campaigns have seen successes.

A year ago, just before Christmas, the Dumb Friends League in Denver posted a photo and story on Facebook of an 11-year-old cat that had been in its shelter for nearly eight months. Older cats like Ripley are often overlooked by potential adopters.

For her online appearance, Ripley donned a tiny Santa suit. The posting got hundreds of shares and "likes" and netted her a new home, said Megan Rees, spokeswoman for the organization.

The organization has increased its adoption rate of adult cats by 13 per cent over the past year, with help from its website, Facebook and Twitter.

As viewers keep returning to videos of Nora pawing the ivories and Maru running and sliding into cardboard boxes, they are strengthening their bond with the feline species.

"There's something quite fascinating and fun about cat videos," says Dr. Emily Weiss, senior director of research and development for the ASPCA. "What's more compelling than some random compilation of cats doing stuff like knocking things over?"

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Gaming. Saudi character added to Tekken 7

Tekken director Katsuhiro Harada unveiled a new character for March 2015 fighting game Tekken 7, a new addition to the 21-plus roster for the latest in a long-running series.

Shaheen stands in smart casual dress — a checked headscarf with thick black circular cord resting atop of it, a stylized overgarment, embroidered sleeves and cloak, and chunky, pale blue trousers paired with pointed black shoes.

His personal background is unknown, but jeweled rings, a large ornamental brooch, and golden motifs adorning cloak and top can be taken to imply wealth and power.

Harada posted the image to Twitter, Facebook and Japanese social networking site Twipple.

The character was first shown as a concept art mock-up in August 2014, with Harada developing a dialogue with fans over the creation of several new characters.

The inclusion of a Saudi character builds on the introduction of Modern Oasis in 2012 console release Tekken Tag Tournament 2, a Saudi Arabian backdrop that took its place alongside other stages from around the world.

AFP

Shaheen from Tekken 7. AFP

Start 2015 off by exploring great literary works, epic sci-fi films and an island-hopping adventure

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The Secret Life of Books

By. The Open University

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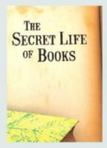

This is a chance to explore the original handwritten manuscripts and first editions of six literary classics including the novels of Jane Eyre, Charles Dickens, Mary Shelley, and William Shakespeare. Based on the BBC TV series, this interactive book includes virtual rooms, links to online resources, and most compelling, video tours of the rarest of research archives.

App

BFI Sci-Fi: Days of Fear and Wonder

iPad
Free

Explore 60 of the greatest science-fiction films of all time in this art book analysis that includes clips, trivia, images, and timeline connections which reveal influences between different films.

Video game

Name. Seabeard

For. iPhone/iPad

Rated. 4+

Comparisons between Seabeard and Animal Crossing are unavoidable, but in this case prove positive as the island-hopping adventure borrows Nintendo's childlike sense of wonder to create something very distinct. With gorgeous, charming visuals, you sail between islands via sea creature mini-games to complete daily tasks.

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Get a handle on your net worth

Fresh start. If you want to do things differently this year, it's time to tally up what you own — and what you owe

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

If you made financial mistakes last year, take the opportunity now to begin anew. ISTOCK

Last year came and went faster than Usain Bolt. Whew! While a lot of people wrote and tweeted me to say they're finally taking control of their money, I also expect some lived like there would be no tomorrow and are now looking at a hot, stinky pile of, um, mess that they now have to clean up.

If you just couldn't figure out how to make your money work in 2014, consider this your opportunity for a new start. It's time to take another kick at the can.

I'm a great one for making mistakes. I used to think I had to be perfect. Then I had kids and realized I'd never be perfect again, so I decided I'd better get used to just being pretty great.

I'm not afraid of making mistakes — or getting caught — anymore. Now I just say, "I'm sorry," and move on to the next step, having learned from my mistakes.

Of course, learning from mistakes means first acknowledging what a big screw-up you've been. Have you found yourself running out of money between pays? Wondering why the debt just will not go away no matter how hard you try? Always seem to be in overdraft? Want things to be different this year?

Take a snapshot of where you are right now so you have a benchmark for measuring how you're doing throughout the year. Say hello to your net worth, which is a look at what you own minus what you owe to see how much you realio, trulio, have got.

Fanatics do a net worth statement as often as every month. But you should have a life, so doing a net worth update every six months or so should suffice.

There are several net worth calculators on the web. If you want to use the one at gailvazoxlade.com, look under Resources for the Net Worth Statement.

Don't try to skew the results in your favour. The point of the net worth statement is to give you a realistic picture of where you are now so you can measure your progress.

People routinely include their personal effects as an asset. Don't. These aren't very saleable and you're just deluding yourself if you assign your things more value than you could ever realize from selling them. Ditto for collectibles unless you're in the biz. If you do believe you have something of value, have it appraised. Don't just guess.

One asset we like to push up the value on is our home. The house two blocks over just sold for $1.7 million? Jeez, that puts you in a pretty good place.

But just remember, Ms. Happy-I-Own, unless you're planning to sell that home and move somewhere cheaper, those assets are going to be tied up for a long time. Don't get over-enthusiastic about real estate values, particularly in an up market. Feeling smug to the point of not building other assets, say for retirement, isn't the point of the net worth statement.

While the current value of your pension plan is an asset, it can be challenging putting a present-day value on that future income. So for your net worth statement, include the amount you could withdraw if you changed jobs.

On the liabilities side of the equation, don't forget to include your overdraft (if you're in it), buy-now-pay-later purchases on which you still owe money (even if it isn't due yet), back taxes, money you've taken from your RRSP to buy a home or go to school, and (heaven forbid) pay-advance loans.

Don't forget the interest

- If you really want to be realistic about what you owe, you will also include the interest costs associated with your liabilities.
- If, for example, you have a car loan for $24,000 over 72 months at five per cent interest, you should add that $3,800 in interest to your liabilities. There are loan calculators on the Internet to help you do this.

Having taken this snapshot, you're going to use it as your guide for moving forward. As long as you're paying down your debt and adding to your savings, your net worth will keep going in the right direction. Tracking your net worth will also help you see how you're progressing toward your goals.

Trying to build up a down payment for a home? Want to take full advantage of the Canada Education Savings Grants for your kids? Setting a goal for what you want to accomplish will make it much more likely to happen. Using your net worth statement to track your progress keeps the goal front and centre in your decision-making.

Owe more than you own? Don't become disheartened. The point is to make a plan for changing what you're doing so your next net worth update shows progress. Do nothing different and you can expect to be no further ahead the next time the calendar clicks over.

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Shaking up Middle Eastern street food

Chicken Shawarma.
This fast food can be made a bit healthier in your kitchen

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Traditional shawarma, a Middle Eastern delicacy, consists of a meat such as lamb, chicken, beef or veal placed on a spit and grilled for as long as a day.

The meat is shaved off as needed for sandwiches or wraps, dipped back in the fat drippings and often served with tahini or hummus.

It's delicious, but often high in calories and fat due to the skin and fat drippings being consumed.

Try my version served in a pita and made with lean chicken breast.

This recipe makes eight half pitas. ROSE REISMAN

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

Sauce
- 3/4 cup store-bought or homemade hummus
- 1 1/2 tbsp lemon juice
- 2 tbsp low-fat sour cream
- 1 tsp finely chopped garlic
- Pinch of salt and pepper

Chicken
- 12 oz skinless boneless chicken breasts (about 3 breasts)
- 1/4 cup all-purpose flour
- 2 tsp vegetable oil
- 1 1/2 cups sliced onion

Pitas
- 4 large pitas
- 1/2 cup chopped tomatoes
- 1/2 cup chopped cucumber
- 1/4 cup chopped cilantro

Directions

1. Combine the hummus, lemon juice, sour cream, garlic, salt and pepper in a small bowl. Set aside.

2. Place the chicken between 2 pieces of waxed paper, pound it flat and cut into thin strips. Coat the chicken strips with the flour. Lightly coat a nonstick skillet with cooking spray and set over medium-high heat. Add the oil and onion and sauté for 5 minutes or just until browned. Add the chicken and sauté for 10 minutes, stirring constantly, until the chicken is no longer pink. Respray the pan if necessary.

3. Slice each pita in half. Divide the chicken and onion mixture among the half-pitas. Sprinkle with tomatoes, cucumber and cilantro and spoon the hummus sauce over the pitas.

Nutritional information

Per serving (1/2 pita): 212 calories, 25 g carbohydrates, 3.8 g fibre, 14 g protein, 6.7 g fat, 1.3 saturated fat, 25 mg cholesterol, 240 mg sodium

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Make your Facebook profile ready for the clicks of any creeping colleague

Career. Sweep up your social media presence by taking these tips into consideration

LAUREN MARINIGH
TalentEgg.ca

Limit what content future employers may find by cleaning up your Facebook profile to feature only those people you associate with regularly. ISTOCK

You have heard it time and time again: be aware of what you're posting on Facebook, because once it's out there, there is no turning back.

Employers are becoming more and more socially active, so doing a social media screening before even contacting you for an interview is now standard practice.

How do you make sure that your Facebook profile is job-hunt ready? Here are some tips.

Delete

Start with the obvious: delete everything off your Facebook profile you wouldn't want an employer to see.

Photos are the best place to start.

While they may remain in Google search results for a while, getting unprofessional photos off your profile stops them from going any further.

Go through all your albums, notes and pages that you have liked as well. Make sure to remove anything you wouldn't want people outside your friend circle to stumble upon.

Also go through your friends and see who has tagged you in photos that you no longer want to be posted, request they take them down, and un-tag yourself.

Un-friend

Go through the list of connections you've collected over the years on Facebook. Un-friend anyone that may make you look bad.

Just because your profile may be closed and private, that doesn't mean theirs is.

A good rule of thumb to start cleaning your friend list out: think about the last time you talked to them. If you can't remember when, where or why, it's probably time to go.

Update your privacy settings

Leaving privacy settings on "default" will likely open your Facebook profile to the outside world.

Go through each setting within your privacy settings and make sure they are set to the appropriate setting.

Make sure that non-friends only have access to information you want to share.

Double-check your privacy settings each time you post, as some posts can default to appearing to all users, not just your network.

With Facebook's constant updates, it's hard to keep track of how these settings may change.

Keeping your Facebook profile clear of anything that may halt a hiring manager is key to career success.

Don't ignore it and hope no one checks — you may be forgetting something that you posted years ago.

Always give your Facebook profile a regular scan through, and update.

Make it a regular part of curating your online presence.

Think first, post later

Although it's impossible to go back and tell yourself not to post something, you can exercise some caution moving forward.

- Think about your goals as a job-seeker or professional before you post anything. This includes photos, wall posts on friends' walls, statuses, etc.
- If you wouldn't want an employer to read it, don't post it.
- Set up your timeline and tagging settings so that you will have to approve anything you are posted in before it goes up on your profile.

We love our web

Email, Internet remain top workplace tools: study

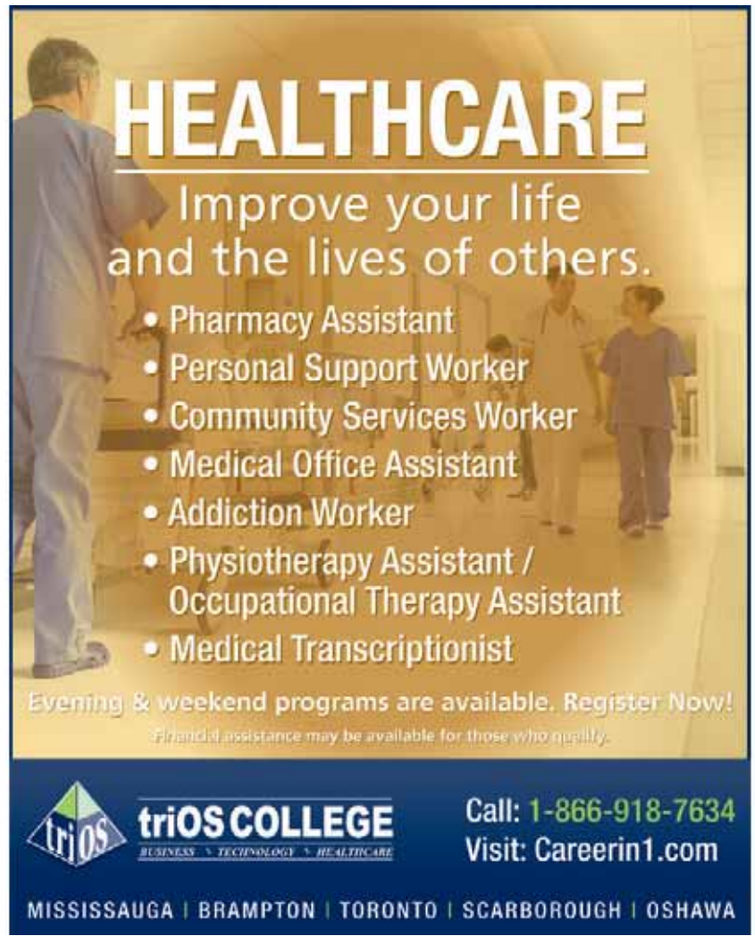
Americans see email and the Internet as the most important tools for productivity at work, and still prefer landlines over cellphones for the office, a study showed Tuesday.

The Pew Research Center found 61 per cent of those surveyed cited email as "very important" for their jobs and 54 per cent said the same for the Internet.

The figures were even higher for office-based workers.

More than one in three surveyed said the landline phone was an important tool for work, compared with 24 per cent for a mobile or smartphone.

And despite the rise of social networks like Facebook and Twitter, just four per cent in the survey said these platforms were important for the workplace. AFP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Cowboys quarterback Tony Romo and head coach Jason Garrett embrace after beating the Lions in an NFC wild-card playoff game in Arlington, Texas, on Sunday. TOM PENNINGTON/GETTY IMAGES

Romo rallies 'Boys for comeback win

NFL playoffs. Dallas, Indianapolis, Baltimore, Carolina all win during wild-card weekend

In their first playoff game in five years, the Dallas Cowboys needed a rally and some clutch plays.

They got them in beating the Detroit Lions 24-20 Sunday in an NFC wild-card game — along with a key reversal on a pass interference penalty.

Tony Romo threw two touchdown passes to Terrance Williams, the second for eight yards and the winning points with 2:32 to go. That brought the Cowboys (12-5) back from a 14-point deficit.

"You just have to stay in the moment and understand the game," Romo said. "It doesn't end after the first quarter, second quarter. There's a long way to go and it wasn't going well, but usually things dissipate a little bit; it's not quite as crazy as it is early. You just have to keep calm. I've played enough games to understand that. Maybe I didn't do that as well when I was younger."

Next is a trip to Green Bay, their first visit there in the post-season since the Ice Bowl loss to the Packers in 1967.

Colts quarterback Andrew Luck throws a touchdown pass despite being hauled down by the Bengals' Carlos Dunlap on Sunday. ANDY LYONS/GETTY IMAGES

The Lions (11-6) went 99 yards for one of two first-quarter touchdowns. They had the ball and a three-point lead in the final period when officials reversed without an explanation a pass interference penalty against Cowboys linebacker Anthony Hitchens.

That led to a fourth-and-one.

Lions coach Jim Caldwell said he got an explanation, but didn't like it. "Not good enough," he said.

Detroit punted but Sam Martin's kick went only 10 yards, and Dallas headed the other way.

Romo took the Cowboys 59 yards in 11 plays, including a 21-yard pass to Jason Witten on fourth-and-six. The winning pass was thrown after Romo bought time behind his offensive line.

Earlier in the day, Andrew Luck threw for 376 yards and a touchdown as the Indianapolis Colts beat the Cincinnati Bengals 26-10.

The Bengals became the first team in NFL history to lose four consecutive opening-round playoff games.

They also are 0-6 in the post-season under coach Marvin Lewis, 0-4 with Andy Dalton at quarterback.

"In the big moments, the guys that are our big guys have to make the plays," veteran left tackle Andrew Whitworth said. "You see it every week. You look at the teams that win, their top guys make the plays that get them where they've got to go. It'll be no different here. When we get in those situations, our big players have to make huge plays."

On Saturday, the Baltimore Ravens beat the Pittsburgh Steelers 30-17, while the Carolina Panthers downed the Arizona Cardinals 27-16.

THE ASSOCIATED PRESS

Divisional playoff round

- Baltimore at New England, Saturday, 4:35 p.m.
- Carolina at Seattle, Saturday, 8:15 p.m.
- Dallas at Green Bay, Sunday, 1:05 p.m.
- Indianapolis at Denver, Sunday, 4:40 p.m.

Stuart Scott

ESPN personality dies of cancer

Stuart Scott, the SportsCenter anchor and ESPN personality known for his enthusiasm and ubiquity, died Sunday. He was 49.

Scott had fought cancer since a diagnosis in late 2007, the network said, but remained dedicated to his craft even as he underwent chemotherapy, radiation and surgery.

ESPN president John Skipper said in a statement that Scott was "a true friend and a uniquely inspirational figure" and that his "energetic and unwavering devotion to his family and to his work while fighting the battle of his life left us in awe, and he leaves a void that can never be replaced."

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NBA

Cavs add to injuries in loss to Mavs

While the wins keep piling up for the Dallas Mavericks, all the Cavaliers keep adding are injuries.

Monta Ellis scored 20 points, Dirk Nowitzki added 15 and the Mavericks won their fifth straight game Sunday, a 109-90 victory over the Cavaliers, whose news on the injury front gets worse by the day.

Cleveland again played without LeBron James, who is out with knee and back soreness. Kyrie Irving left in the third quarter with lower back tightness and won't make the trip to Philadelphia for Monday night's game.

THE ASSOCIATED PRESS

UFC

Jones: Change in program to spur improvement

The best fighter in mixed martial arts is about to get better.

Fresh from dispatching former Olympic wrestler Daniel (DC) Cormier via unanimous decision at UFC 182, light-heavyweight Jon (Bones) Jones said living year-round in his training base of Albuquerque, N.M., will take him to the next level.

Next up will be either Alexander (The Mauler) Gustafsson or Anthony (Rumble) Johnson, who meet Jan. 24 in Stockholm.

THE CANADIAN PRESS

Kyle Lowry passes over Suns guard Goran Dragic during the Raptors loss on Sunday night in Phoenix, Ariz. MATT YORK

NBA. Raptors' West Coast trip ends with loss to Suns

Eric Bledsoe scored 20 points, fellow guards Goran Dragic and Isaiah Thomas added 18 apiece and the Phoenix Suns handed the Toronto Raptors their second straight blowout loss, 125-109, on Sunday night.

Seven Suns hit double figures in the team's highest-scoring non-overtime game this season.

The Raptors, who trailed by as many as 19 points in the first half and 27 in the second, finished a season-long six-game road trip with their two most one-sided losses of the season, losing at Golden State 126-105 on Friday night.

On Sunday

125	109
Suns	Raptors

Toronto has lost three in a row for the first time in more than a year.

Jonas Valanciunas scored 21 and Kyle Lowry 19 for the Raptors. Lou Williams and James Johnson added 17 apiece. THE ASSOCIATED PRESS

No pity from Petan as Canada tops Slovakia

World juniors. Delta, B.C., forward's three-goal display helps send hosts into gold-medal clash with rival Russia

Nic Petan scores his second-period goal on Slovakia goalie Denis Godla during Canada's 5-1 win on Sunday night in Toronto. Petan scored in each period, completing the hat trick. FRANK GUNN/THE CANADIAN PRESS

Canada didn't roll over Slovakia, and that might be the best thing to happen to this team at the world junior championship.

Facing adversity and nervous tension for the first time all tournament, Canada gutted through a tough game and eventually pulled away for a 5-1 on Sunday night in Toronto. Russia awaits in the gold-medal game.

During the third period, chants of "We want Russia" and "We want gold" echoed through Air Canada Centre. The rivalry with Russia gets another chapter Monday night.

"It's the best thing for all of the hockey community, for business," Russian coach Valeri Bragin said. "Russia-Canada: Hockey classic."

Stopped at many turns by Slovak goaltender Denis Godla, Canada may be better-prepared for Russia than it would have been had it won easily. Canada hasn't trailed in any of its games and took an easy road through Denmark to reach the semifinals.

Semifinals

5	1
Canada	Slovakia

- **Patriotic games.** The IIHF said Hockey Canada is responsible for world junior ticket prices.
- Tickets for group stage games in Montreal started at $71 and ranged to $336 for the New Year's Eve game between Canada and the United States, which drew 18,295 fans to the 21,273-capacity arena.
- IIHF president Rene Fasel said if those prices were in place for a tournament in Europe, there would be nobody in the arena.

Led by Godla and his 39 saves, Slovakia proved to be a tougher opponent. But Nic Petan had a hat trick, Shea Theodore and Anthony Duclair each added a goal, Connor McDavid recorded three assists and Zach Fucale made 14 saves to ensure the end of Canada's world junior medal drought that dated back to 2012. THE CANADIAN PRESS

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Real's streak ends in Valencia

Defender Antonio Barragan Fernandez celebrates his goal with his Valencia teammates during Sunday's 2-1 win over Real Madrid in Valencia, Spain. Real's 22-game winning streak in all competitions came to an end, but they're still one point ahead of rivals Barcelona, who lost 1-0 at Real Sociedad, with a game in hand atop La Liga's table. JOSE JORDAN/AFP/GETTY IMAGES

Giants avoid FA Cup collapses

FA Cup. Man City, United and Chelsea survive first step; QPR not so lucky

Manchester City and Manchester United left it late to avoid embarrassment at the hands of lower-league clubs in the FA Cup on Sunday, leaving third-tier Sheffield United to deliver the shock of the third round.

On a day England's top teams entered the fray in world football's most famous domestic cup competition, there were a slew of close calls for Premier League sides but only Queens Park Rangers fell. QPR lost 3-0 to Sheffield United, which is known for producing upsets.

"I don't think people will take us lightly," Sheffield coach Chris Morgan said. "In the last calendar year, we've beaten five Premier League clubs."

James Milner scored in the 66th minute and again in injury time in Manchester City's 2-1 win over Sheffield Wednesday of the second tier.

"I am relieved," City manager Manuel Pellegrini said. "We play very badly, except the last 20 minutes."

Man United was also unconvincing against Yeovil, which is bottom of the third tier, needing goals in the final 26 minutes from Ander Herrera and Angel Di Maria for a 2-0 win.

THE ASSOCIATED PRESS

Elsewhere in FA Cup Sunday action

- Chelsea 3, Watford 0.
- Arsenal 2, Hull City 0.
- Stoke City 3, Wrexham 1.
- Crystal Palace 4, Dover Athletic 0.
- Aston Villa 1, Blackpool 0.
- Sunderland 1, Leeds United 0.
- Southampton 1, Ipswitch Town 1.

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
If you get in a fight with someone who is bigger or better connected than you, you will undoubtedly lose, so back off.

♉ Taurus
April 21 - May 21
You don't have to apologize for something you said that rubbed a friend or relative the wrong way. They've said plenty of things which you chose not to make an issue of.

♊ Gemini
May 22 - June 21
The more you worry about a money problem the more power you give it, so put it out of your mind and focus on something more positive.

♋ Cancer
June 22 - July 23
It's unlikely you will be feeling your best today but that's OK because friends and family will go out of their way to cheer you up.

♌ Leo
July 24 - Aug. 23
If you think you have to come first or be best at everything you may end up exhausted. The important thing is not the winning but the taking part.

♍ Virgo
Aug. 24 - Sept. 23
If you stand against the winds of change you will almost certainly be blown away. So why not work with them instead? Don't resist when fate nudges you, or throws you, in a new direction.

♎ Libra
Sept. 24 - Oct. 23
There are so many changes taking place now that you may feel a bit insecure. That is not an excuse to start feeling sorry for yourself. Step up and show your leadership qualities.

♏ Scorpio
Oct. 24 - Nov. 22
Keep things simple, especially if you are on the move. Travel and social plans could easily go wrong, so give yourself plenty of time.

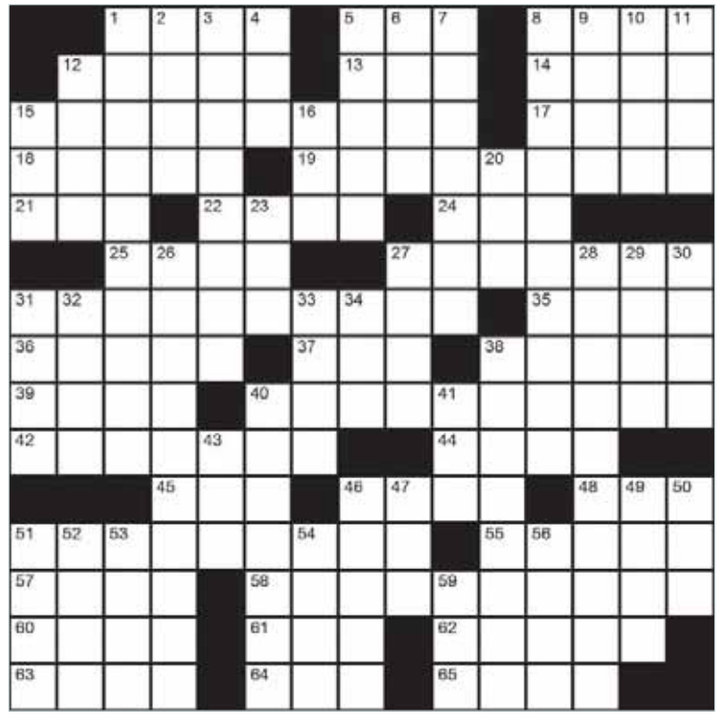
♐ Sagittarius
Nov. 23 - Dec. 21
You will have to loosen your hold on something you cherish. It may be painful to begin with but it won't be long before you feel a real sense of freedom.

♑ Capricorn
Dec. 22 - Jan. 20
Chances are you won't be at your best as the week begins. The good news is you will go to the other extreme midweek and have the time of your life.

♒ Aquarius
Jan. 21 - Feb. 19
Do something exciting over the next 24 hours, something that makes you smile even if it may take a little more effort than usual.

♓ Pisces
Feb. 20 - March 20
Certain things in your world are changing and there is nothing you can do to stop it. Be positive and believe that what happens is for the best, for you and for everyone.

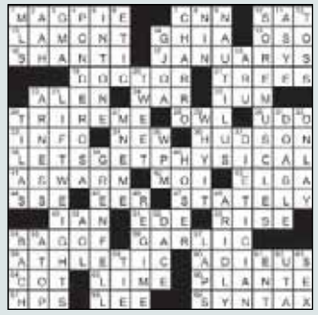
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Intend to
5. Play-__
8. Go-__ (Fun racer)
12. Mr. Sagan's
13. Journey's "__ Way You Want It"
14. Sailor's sheltered side
15. William Shakespeare: 3 wds.
17. Sisters
18. Ready to swing in baseball: 2 wds.
19. Crosswords: 2 wds.
21. Salon product
22. Abner, et al.
24. My friend (English) = __ ami (French)
25. 'Diet' suffix
27. Steven of CBC's "Steven and Chris"
31. Country in Central Asia where Tashkent is the capital
35. Quasi
36. Awaken
37. Cereal grass
38. Yarn bundle
39. Research facil.
40. Toronto team that won the Stanley Cup in 1914
42. Remove the cuffs: 2 wds.
44. Cardinal point
45. Getaway
46. Ginger cookie
48. Spinning stat.
51. Grow operation plant
55. Not _ __ out of place
57. Excited
58. Strappy shoes
60. ZZ Top song of 1975
61. Antiquity
62. Outlandish occurrence
63. Fire up
64. John of "Touched by an Angel"
65. Salts, in a Montreal restaurant

Down
1. Parliament Hill: Sculpture of Queen Victoria in The Senate Chamber: 2 wds.
2. Earth goddess in Das Rheingold
3. "...and she's _ __ __ you." - Honeymoon Suite, "New Girl Now"
4. Bounced cheque acronym
5. Swiss Alps city
6. Due __ __ before... (Submission info)
7. Chris of CBC's "Steven and Chris"
8. Alberta: __ Country (Nicknamed K-Country, scenic area is just west of Calgary)
9. Reunion attendee
10. Actor Mr. Auberjonois
11. D'Urbervilles heroine
12. Ms. Blanchett
15. Purse
16. Pointy tool
20. Chewed gum shape
23. Pierre's 'here'
26. Practice run in aviation: 2 wds.
27. Fill
28. Hoofed animal prints: 2 wds.
29. Leave out
30. Breaks a commandment
31. Mr. Geller's
32. 'In the __': 2003 Britney Spears album
33. Exclusive
34. Sigma's alphabetic follower
38. Like the stuff at #5-Across [var. sp.]
40. Perplexed
41. GBS part (Canadian band)
43. Pre-1947 British rule in India
46. Sneering
47. Grandma
49. Medieval weapon
50. Married title
51. Multiplication, e.g.
52. Chill
53. Santa __, California
54. "__ McBeal"
56. Cart along
59. President after Richard Nixon ...his initials-sharers

Friday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

2	8	4	7	5	1	9	3	6
6	9	5	3	8	4	7	2	1
1	3	7	9	6	2	8	4	5
5	1	8	6	3	7	2	9	4
4	7	9	2	1	5	3	6	8
3	2	6	8	4	9	1	5	7
8	6	1	5	9	3	4	7	2
9	5	2	4	7	8	6	1	3
7	4	3	1	2	6	5	8	9

	4			6			9	
2		1						3
	9		5	2	8			
		5				1		
6		2				9		8
		7				2		
			2	9	7		6	
1						8		5
	2			8			7	

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